

## **A REVIEW ON THE CLINICAL VALUE OF CASSIA SOPHERA HOMEOPATHIC MEDICINE**

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Article Received on  
16 September 2024,

Revised on 06 October 2024,  
Accepted on 26 October 2024

DOI: 10.20959/wjpr202421-34465



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### **ABSTRACT**

The botanical name of Cassia Sophera is Cassia sophera linn. It is also called kasundi or kalakasunda, is an important medicine in homeopathy belonging to the plant kingdom and the plant belongs to the family Cassalpiniaceae. It is an important medicinal herb in medical science. It is prepared from different of plants like leaves, roots, etc. The plant has different types of pharmacological activities like anti-allergic, anti-inflammatory, etc. This plant grows in tropical countries like India, Pakistan, Bangladesh, and other Asian countries. In India, this is found in forests, wastelands area, and roadsides area. This medicine is therapeutically used in different systems of medicine. It is prepared from root bark in homeopathy. In homeopathy, it is very effective in the respiratory system, gastrointestinal system allergic cells, blood cells, etc. This review aims to improve the understanding of medicine for clinical use.

**KEYWORDS:** Homoeopathy medicines, Cassia Sophera, Homoeopathy.

## INTRODUCTION

*Cassia sophera*, is also known as "Katsara" or "Ringworm shrub," which belongs to the Fabaceae family. It has been traditionally used in various medicinal systems, including Ayurveda, Unani, and Homeopathy. The plant is widely distributed in tropical and subtropical regions of India and worldwide. It is known for its use in treating skin diseases, respiratory diseases and inflammatory conditions of the body. The aim of this review is to explore the clinical value of *Cassia sophera* in homeopathic medicine, its therapeutic applications and the relevant research evidence supporting its efficacy. *Cassia Sophera* is an ancient plant medicine. It is widely found in tropical countries. *Cassia sophera* has powerful medicinal properties.<sup>[2]</sup> This medicine is very effective for the respiratory system, Gastrointestinal system, Allergic conditions, etc. Emodin, Chrysophanic acid is the active principle of *Cassia Sophera*. Mother tincture of this medicine is prepared from the root bark of a plant according to Indian Homeopathic Pharmacopoeia under the 4th class of Hahnemannian method.<sup>[2]</sup> The drug power of medicine is 1/10 and this is available in various types of potency in homeopathic shops like Mother tincture, 1x to 3x, 6, 30, and 200 potencies and proved by CCRH (Central Council for Research in Homeopathy). *Cassia sophera* is prepared as a mother tincture and in various potencies such as 6C, 30C, and 200C which is use depending on the patient's clinical condition. The mother tincture is derived from the fresh leaves and seeds of the plant of *cassia sophera*. Different Homeopathic literature suggests that *Cassia sophera* has great potential effect in treating clinical conditions related to the respiratory system and allergic conditions. However, its use is based on the principle of similars, where a small, potentized dose of a substance is used to treat different symptoms of disease. In homeopathic doses, *Cassia sophera* is considered safe with minimal side effects. Its highly diluted nature ensures that it can be used across different age groups, including children and the elderly. Like other homeopathic medicine, *Cassia sophera* is prescribed based on the individual's total symptoms of the patient, which includes not just the physical symptoms of the patient but the mental and emotional states of the patient as well. This individualized approach to homeopathy allows for a holistic form of treatment.

### Botanical description of *cassia sophera*

**Botanical name:** *Cassia sophera* Linn<sup>[2]</sup>

**Family:** Fabaceae<sup>[2]</sup>

**Synonyms:** *Senna sophera* Auct<sup>[2]</sup>

**Common name**<sup>[2,3,6]</sup>

- Hindi Name is Kasaunda, Kasaundi.
- Telugu Name is Pydee tanghadu.
- Tamil Name is Poonaverie.
- Manipuri Name is Thounam.
- Marathi Name is Kashawada.
- Bengali Name is Kolkasunda.

**Plant description**<sup>[2]</sup>

- **Habitat:** Tropical Countries especially in Forest, Hill, wasteland, Roadside areas like India, etc.
- **Plant:** Diffuse shrub type of plant with soft wooded stem and 1.3 to 3.4-meter height of the plant
- **Leaves:** 18-23 cm long leaves, green color leaves, Leaves surface glabrous, Leaflets 6 – 12 pairs, leaf arrangements are alternate, and solitary conical gland near base of leaves.
- **Flower:** It is yellow. It is a short axillary and terminal panicle flower. The flowering season is Summer Flower. The flower type is hermaphrodite.
- **Fruits:** Fruiting season is Summer
- **Seeds:** 30 to 40 in number with ovoid shape, and dark brown.

**Microscopic characters**<sup>[2]</sup>

- 6 to 8 layers of cork cells in transaction
- 10 to 14 layers of cortical parenchyma
- Numerous groups of thick-walled lignified cells containing rhomboidal crystal.
- Solid cylinder of xylem made up of lignified fibers, tracheids, and large oval vessels.

**Part used**<sup>[2]</sup>: Root Bark.

**Active principle:** Emodin, Chrysophanic Acid.

**Identification**<sup>[2]</sup>

- Evaporate 20 ml of 55 % alcoholic extract in a water bath.
- Carry out TLC by using chloroform and methanol (95:5 v/v).
- Under UV light, three spots appear

- Gey Spot – at RF 0.55
- Blue Spot - at RF 0.63
- Red Spot - at RF 0.97
- On spray with cupric acetate –
- Red Spot - at RF 0.97

**History**<sup>[2]</sup>: Bhartiya Aushdhabalika.

### **Preparation of medicine**<sup>[2]</sup>

- Mother tincture is prepared from the roots according to HPL.
- Potencies:
- 2x to contain one part of the mother tincture of cassia sophora, four parts of purified water, and five parts of strong alcohol and
- 3x and higher potencies with dispensing alcohol.

### **Traditional uses**<sup>[3,4,5]</sup>

Cassia sophora has a long history of traditional medicinal use in various cultures. It is used for its anti-inflammatory activity, anti-allergic activity, and expectorant activity in the Ayurvedic system. It is also used to treat various skin diseases like fungal infection, eczema, and ringworm, and to treat respiratory diseases like allergic rhinitis, bronchitis, asthma, and cough in natural medicine. The seeds and leaves of Cassia sophora are also used to relieve digestive diseases like constipation, indigestion, and flatulence and stimulate bile production which helps to digestion of fat.

### **Pharmacological properties of cassia sophora**<sup>[4,5]</sup>

There are several phytochemical substances in cassia sophora, as shown in different studies. There are some pharmacological properties such as

- **Bronchodilator activity:** It is beneficial in respiratory disease COPD, asthma, allergic bronchitis, and allergic rhinitis. Which helps to reduce inflammation and help to clear the bronchial tree of mucus.
- **Antimicrobial activity:** It works against various bacteria, especially lung infection bacteria, and various fungi, especially skin infection.
- **Anti-inflammatory activity:** It helps reduce inflammation of the respiratory system which helps to decrease the formation of mucus and other inflammatory conditions of the body.

- **Anti pyretic with analgesic activity:** It helps to reduce the temperature of the body while reducing pain

### **Clinical value of cassia sophera**

#### **Respiratory system<sup>[3]</sup>**

- The medicine is used in cases of bronchitis due to infection and allergens, where patients with a persistent cough, mucous expectoration, and chest tightness with difficulty breathing. It helps to clear mucus and reduce inflammation in the bronchial tubes.
- It has shown a beneficial role in chronic asthma, which is patients associated with mucous, congestion, wheezing, and difficulty breathing. Homeopaths have used this medicine in cases of both acute and chronic asthma to reduce the frequency and severity of attacks.
- Asthma, wheezing sound with shortness of breath, which is aggravated by weather changes and at night.
- Chronic allergic bronchitis with thick yellow and green mucus expectoration, chest tightness, and breathing problems.
- Dry, persistent cough which is aggravated by cold or rainy weather.
- Rattling sounds in the chest with difficulty in breathing.

#### **Skin<sup>[9]</sup>**

- Traditional it is used in treating skin disease. In homeopathic practice for treating eczema, psoriasis, and dermatitis. It helps to reduce itching, redness, and inflammation of the skin.
- It has antifungal properties due to it is useful in treating ringworm and other fungal infections. It is very useful to treat chronic or recurrent fungal infections.

#### **Rheumatic and Arthritic<sup>[10]</sup>**

- It has an anti-inflammatory activity. It is also useful to treat joint pain, swelling, and stiffness, and pain is aggravated by cold and dampness.
- It is a valuable medicine for arthritis, rheumatoid arthritis, and other inflammatory joint diseases.
- Joint pain aggravation by cold and rainy weather and amelioration by heat.
- Muscular stiffness with pain and joint swelling.

**Digestive system<sup>[3]</sup>**

- It is less used for gastrointestinal diseases to treat indigestion and flatulence.
- It is also very effective as a mild laxative, helping to cure chronic constipation and sluggish digestion.
- Gas, Bloating, and flatulence, mainly after taking meals.
- Problem in digestion with heaviness in the abdomen with eructation.

**Modalities**

- Aggravation at night, cold, rainy weather.
- Amelioration by warmth, rest, and dry weather.

**CONCLUSION**

Cassia sophera carries significant clinical value in the homeopathic system, particularly in the treatment of respiratory diseases like allergic rhinitis, bronchitis, and skin diseases like dermatitis, eczema, and inflammatory diseases. Cassia sophera has shown a valuable role in homeopathic system. Its previous research article history shows that it is significantly used for respiratory diseases and inflammatory diseases. However, although there is a lot of evidence and preliminary studies, various clinical trials are needed to validate these claims. More scientific research will be needed to ensure the appropriate therapeutic use of Cassia sophera-based remedies. Cassia sophera is a valuable medicine in their Materia Medica, providing a safe and personalized approach to treating a variety of chronic respiratory and long-term illnesses.

**Conflict of interest**

None.

**Sources of funding**

None.

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